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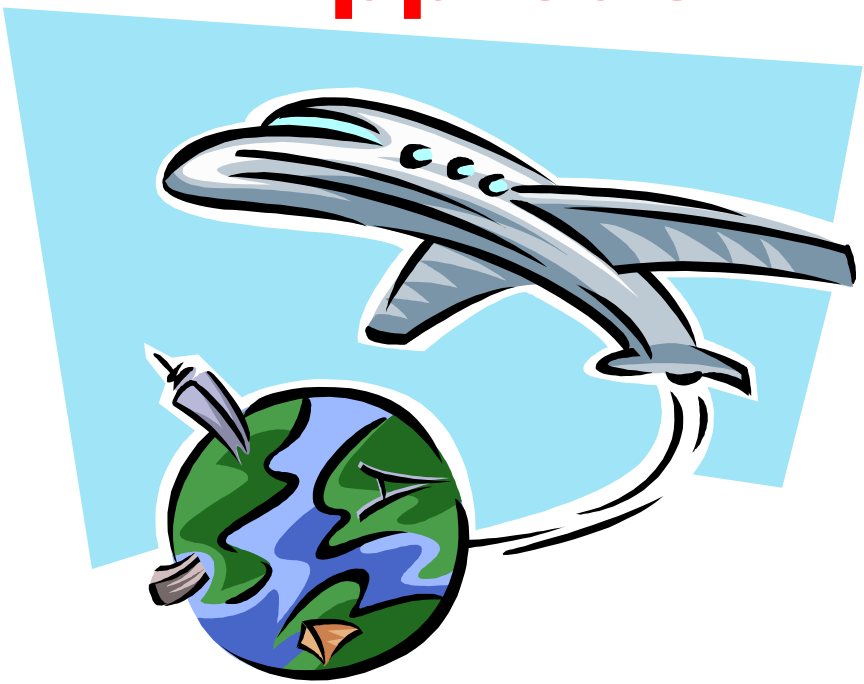
Coping With Deployment:
A Community Centered Approach



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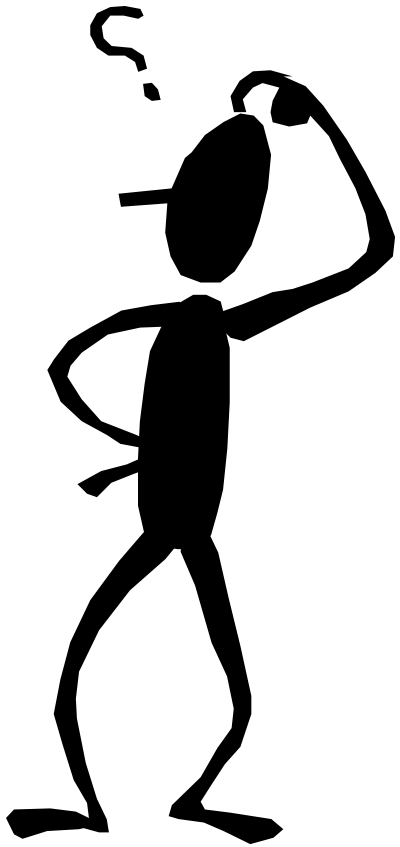
Loss of Community

- Air Force “taking care of its own”
- Loss of sense of unit cohesion
- Fragmentation of Services
- Stove-piped Agencies/Programs
- Lack of Participation in Informal and Formal Networks



AF DRIVERS:

pressures/changes/convergences

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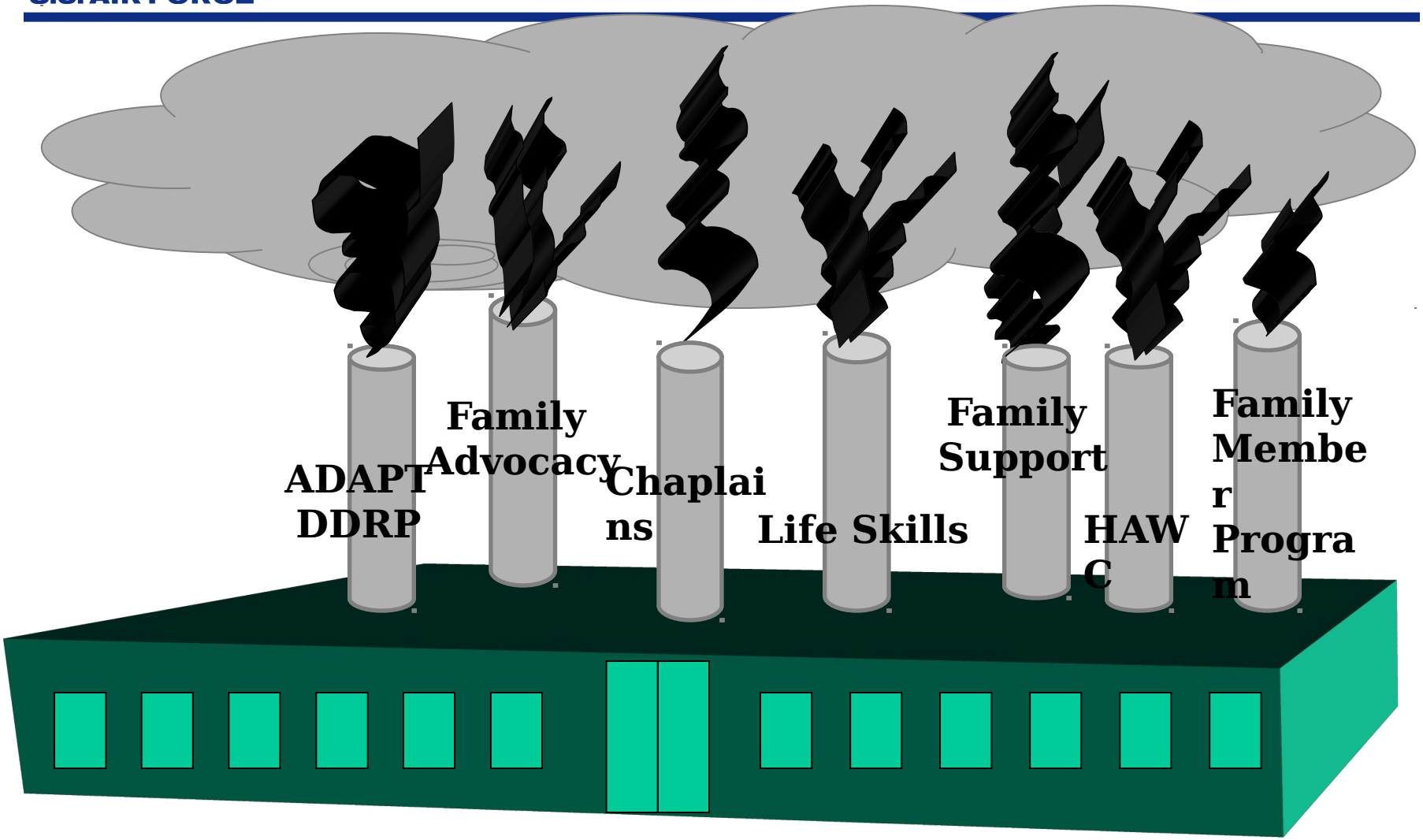
…..given the state of our community fabric and the Air Force drivers impacting on our ability to serve the community…

IS THIS EFFECTIVE?



IDS
Preventive Services

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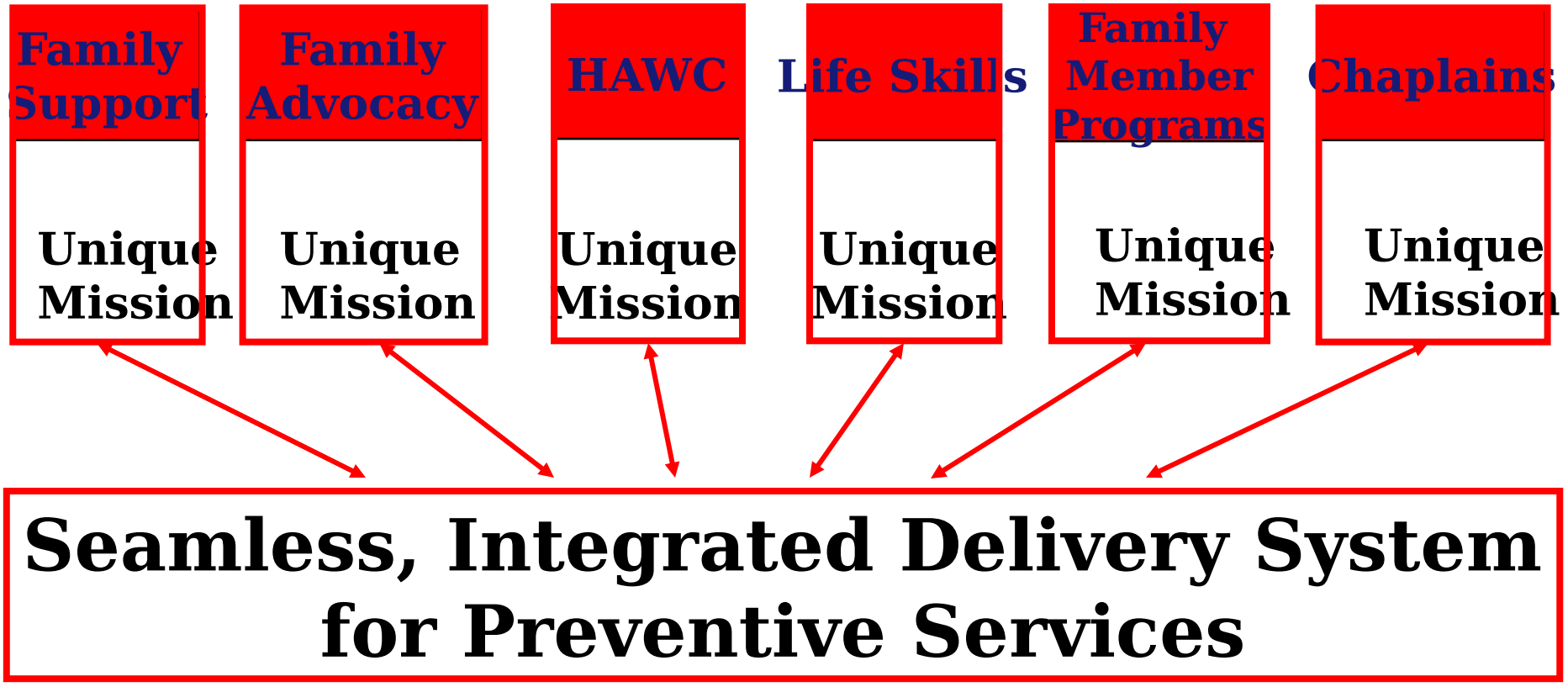

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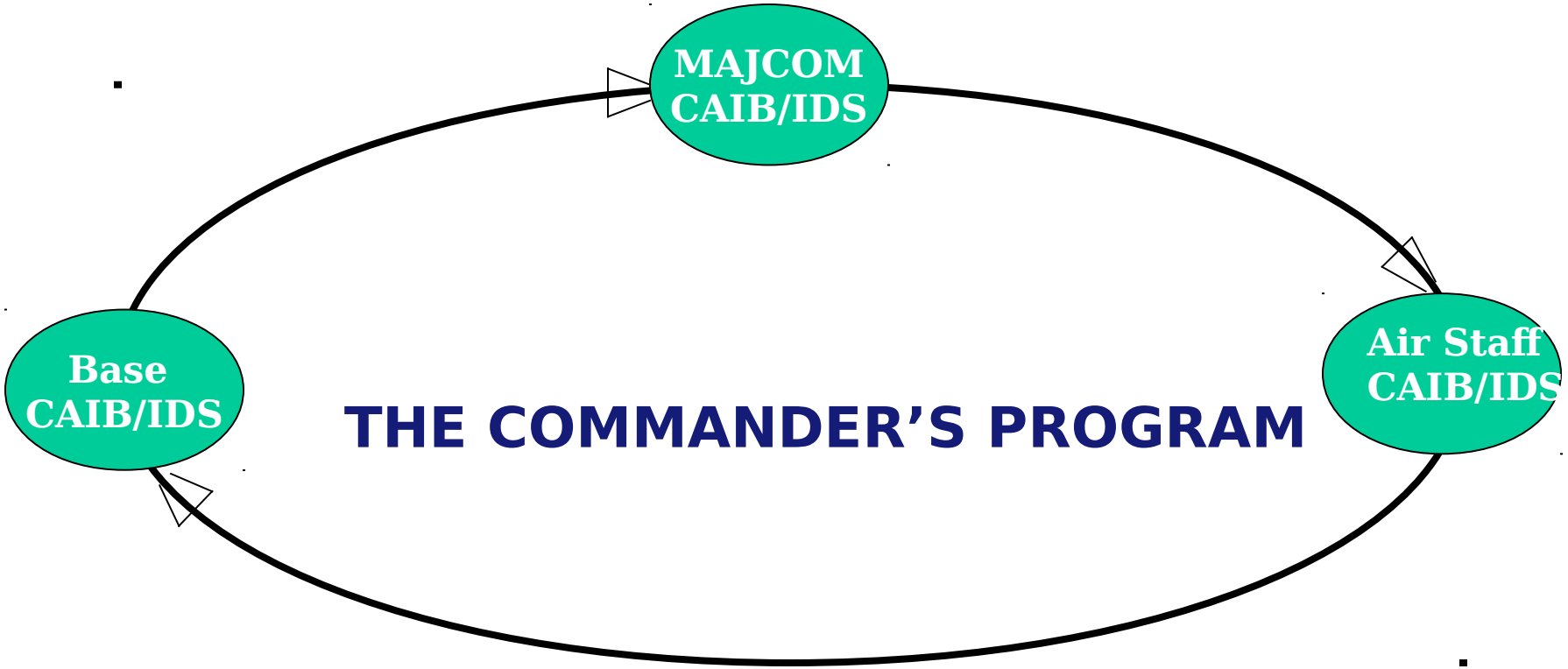
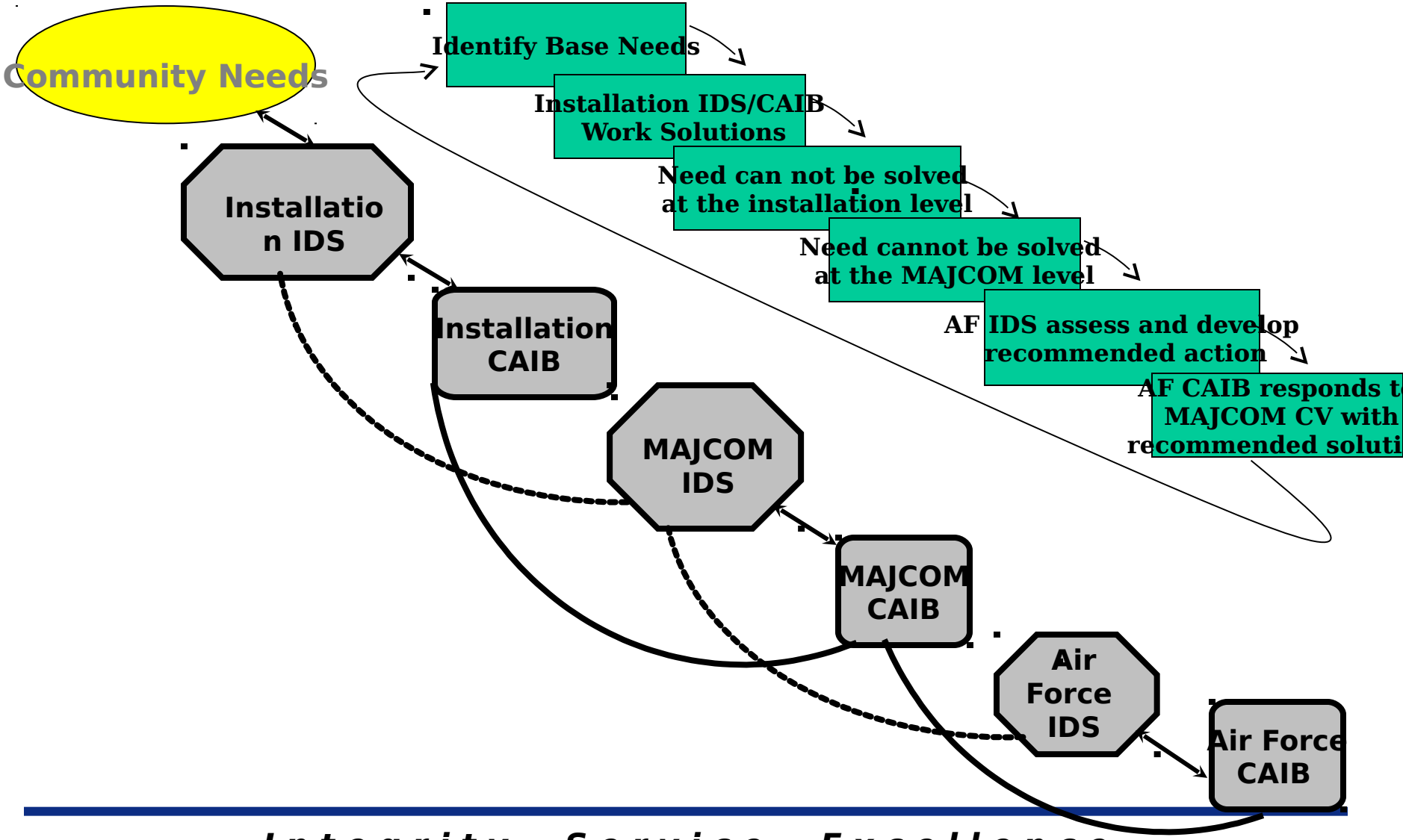
Next Generation Air Force Response: CAIB/IDS



CAIB Community Solution Process



So what is community capacity anyway and why should we care??

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Community Capacity

High capacity communities exist when

leaders, agencies and the people

- **Share responsibility for the general welfare**
- **Demonstrate collective competence (get things done)**

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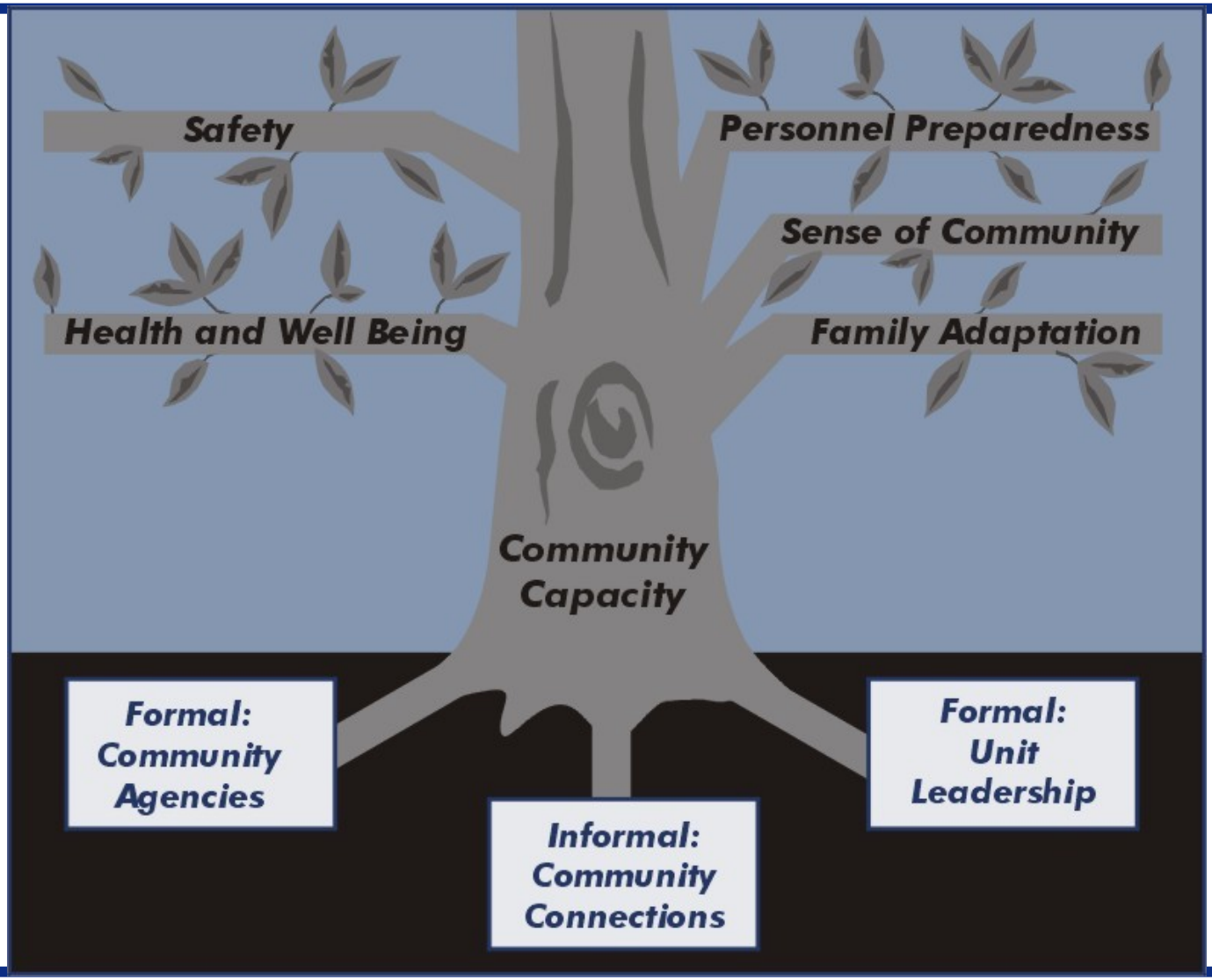
Community Capacity Model



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Community Results: Areas Defined

- **Sense of Community** - the degree to which members and families feel a **sense of common identity, *esprit de corps*, camaraderie, and rootedness in the community** as evidenced by their active participation as community members.
- **Family Adaptation** - the degree to which **families successfully manage their relationships as a family unit** in the AF as evidenced by working together as an effective team and by demonstrating commitment to family relationships.
- **Personnel Preparedness** - the extent to which **AF members perform their duties with professionalism, dedication, and competence** as evidenced by their commitment to the organization and its requirements and by successfully meeting personal and family responsibilities.

Community Results: Areas Defined

- **Safety:** **Members and families live free from violence and abuse**, as demonstrated by the extent to which they are able to move about in their internal and external environments without intimidation or fear of physical or psychological harm.
- **Health and Well Being:** **Members and families remain free from avoidable and preventable health-related conditions and illnesses**, including the avoidance of alcohol and drug related conditions and events, and other health risk behaviors, and evidence positive physical, social, emotional, and spiritual development and well-being.

Program Results: Areas Defined

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- **Leader Support** - the degree to which **base and unit leaders promote connections** between members and families in their units, demonstrate knowledge and skill in helping members and families balance work and family issues and cope with AF demands, and help members and families secure support services.
- **Informal Community Connections** - the degree to which informal network members reach out to **make connections with one another**, exchange information and resources, and help others, when needed, to secure the support from community programs and support services.
- **Interagency Collaboration** - the extent to which base agencies demonstrate a **customer orientation in the coordination and delivery of intervention and prevention services** as evidenced by community members' satisfaction with base programs.

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Formal Networks

….policies and systems of social care that operate under military and civilian authority as instruments of socialization and social control

Informal Networks

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...includes voluntary associations, and less organized and more spontaneous networks of social care that are based on mutual exchanges and reciprocal reciprocity, such as relationships with friends, work associates, and neighbors

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Assumptions: Operation of Networks

- **Informal networks of care equally, if not more important, as formal networks of social care**
- **Formal networks may grow at the expense of informal networks (over functioning and under functioning of community networks)**
- **Families may need different types of communities and combinations of formal and informal networks at different points in the work and family life cycle**

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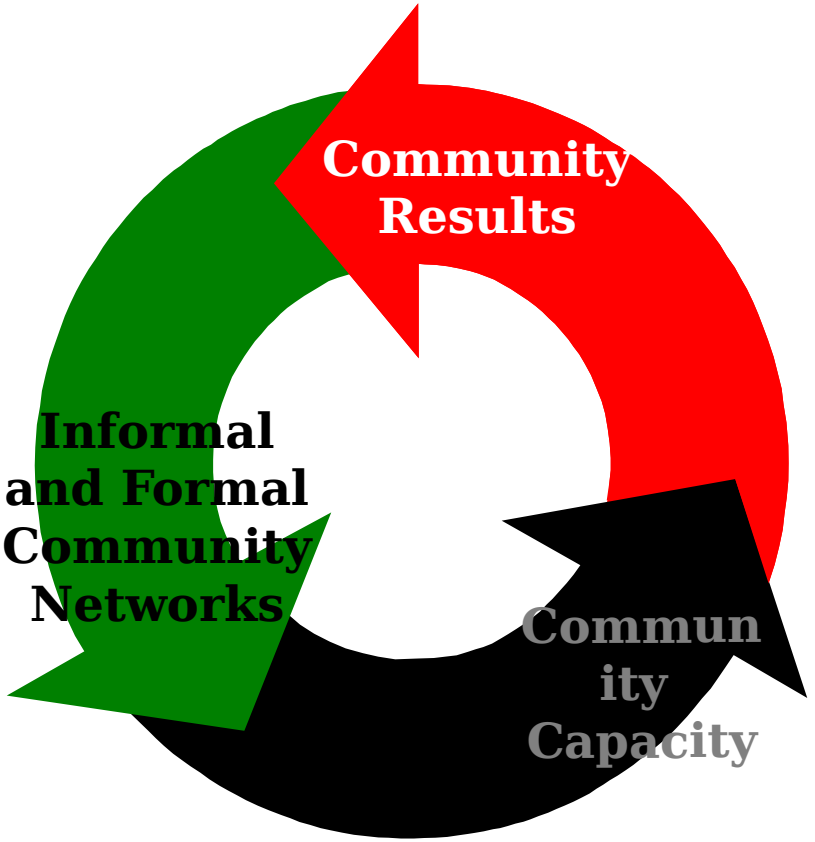
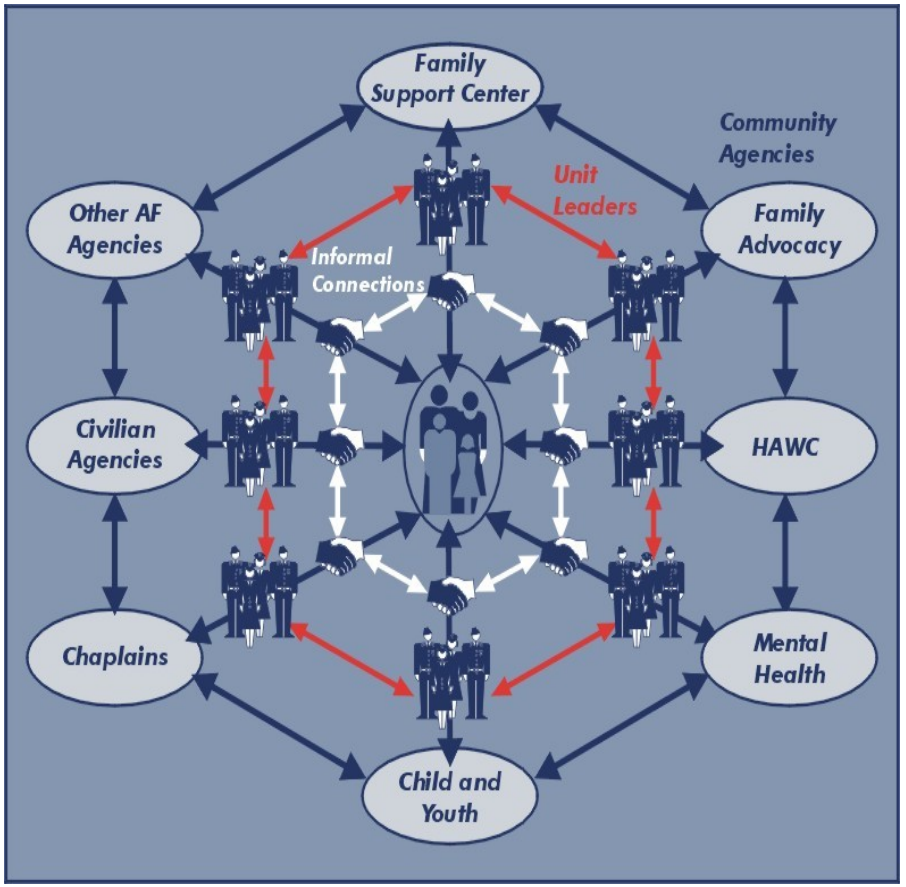
Community Capacity: The Link

Community capacity is the link between formal and informal community networks and community results



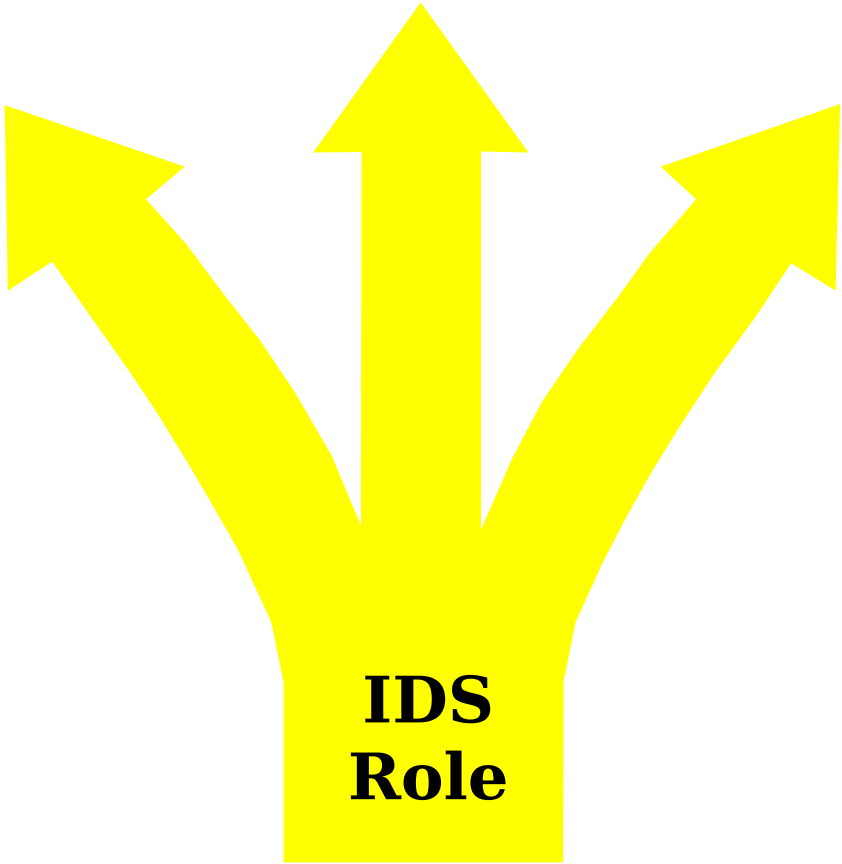
Formal and Informal Community Networks: Other Considerations

- A web of social support is built when formal and informal networks operate together
- "Bonding" and "Bridging"
- Unit leaders as community builders



Implications for Community: IDS Roles

- Develop partnerships with unit leaders
- Form partnerships with informal community members
- Develop partnerships with other agencies (on base and in the local civilian community)



So how do we build community capacity in support of deployments??

The Results Management Approach

- **A decision management and resource allocation strategy based on anticipated results and reliable information collected at multiple points in customer activity**

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Key Point: Results Management

Program activities are *ONLY* useful to the extent that they are *TIED TO RESULTS!*

Results Management and the Community Capacity Model

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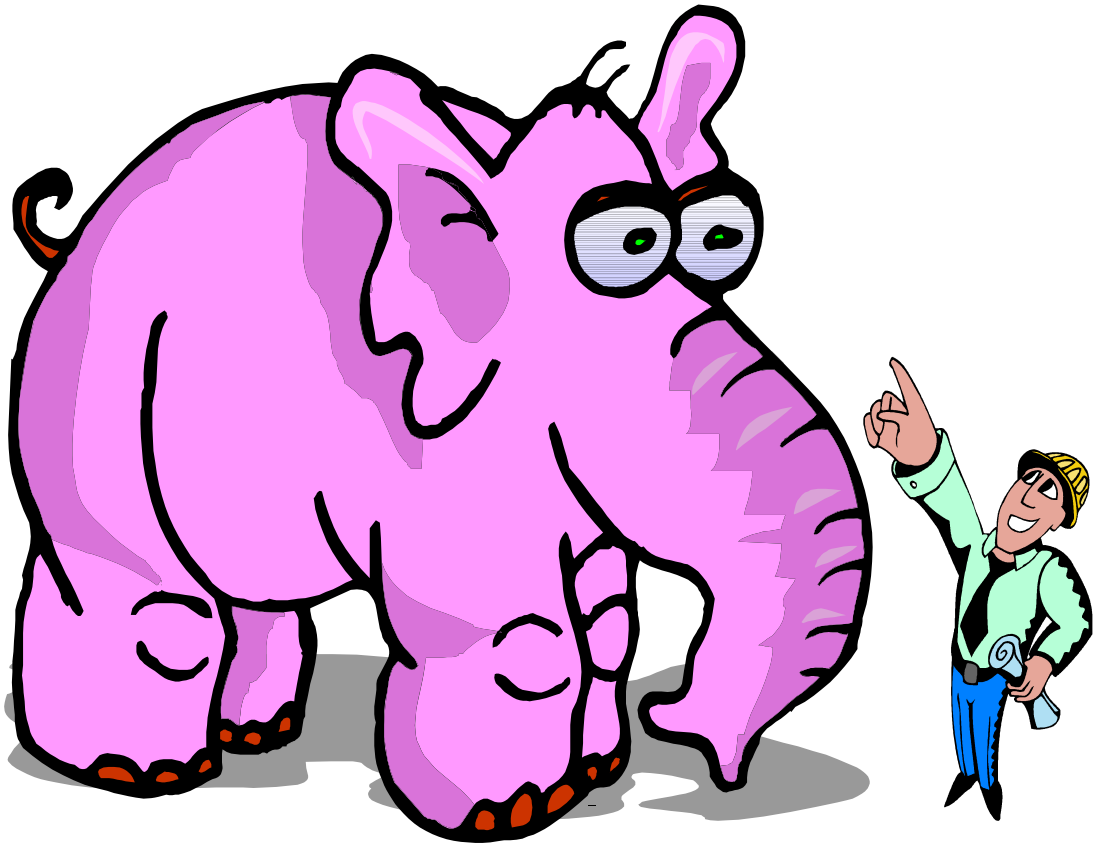
Where are we now?



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Our Community:

How do we define it?

What are the boundaries?

What results do stakeholders want?

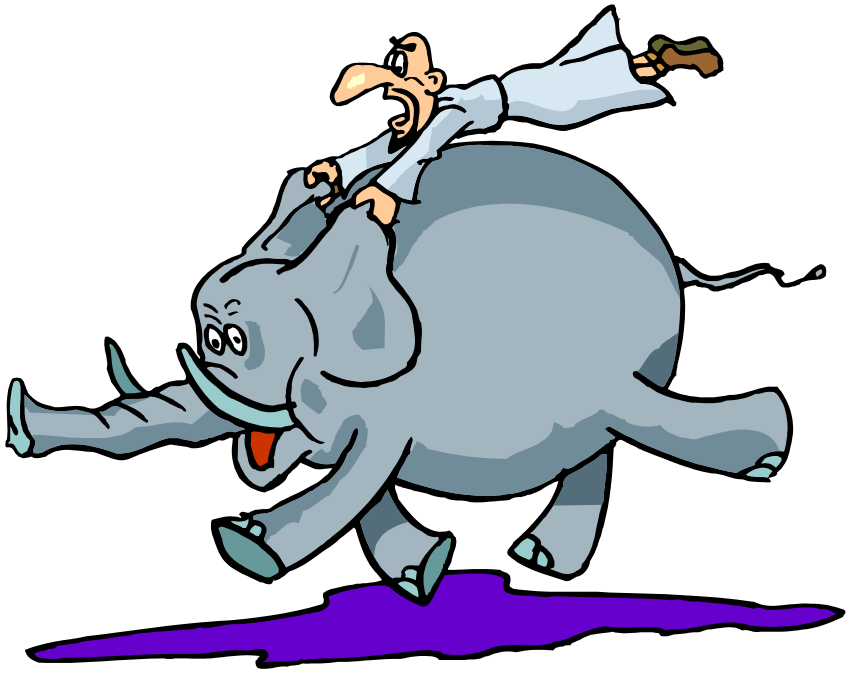
What are our agencies' perspectives?

What are our customers' perspectives?

What are our units' perspectives?

What are our agencies' cultures like?

How are our resources allocated now?



If you don’t know where you are now, you may get taken for a ride!

The Deployment Experience

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- PRE-DEPLOYMENT
- DEPLOYMENT DAY
- FAMILY MEMBER DEPLOYMENT EXPERIENCE
- REUNIONS
- REINTEGRATION
- RESOURCES
- SUMMARY

PRE-DEPLOYMENT: Getting Ready

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PRE-DEPLOYMENT: COMMON REACTIONS

- EMOTIONS
- WHY ME?
- LOOSE ENDS
- GRIEF
- ANGER/EXCITEMENT
- DISTANCING
- SHORT-NOTICE DEPLOYMENTS

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PRE-DEPLOYMENT: REDUCING STRESSORS

- MIXED EMOTIONAL REACTIONS ARE NORMAL
- DISCUSS KEEPING IN TOUCH
- REVIEW PLANS
- PLAN FUN EVENTS

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PRE-DEPLOYMENT: CHILDREN

- TELLING THE CHILDREN
- TIMETABLE
- LIFE DURING DEPLOYMENT
  - Deploying person
  - Remaining family members
- REASSURANCE
- EMOTIONS
- COMMUNICATION
- INDIVIDUAL TIME

DEPLOYMENT DAY: Saying Goodbye

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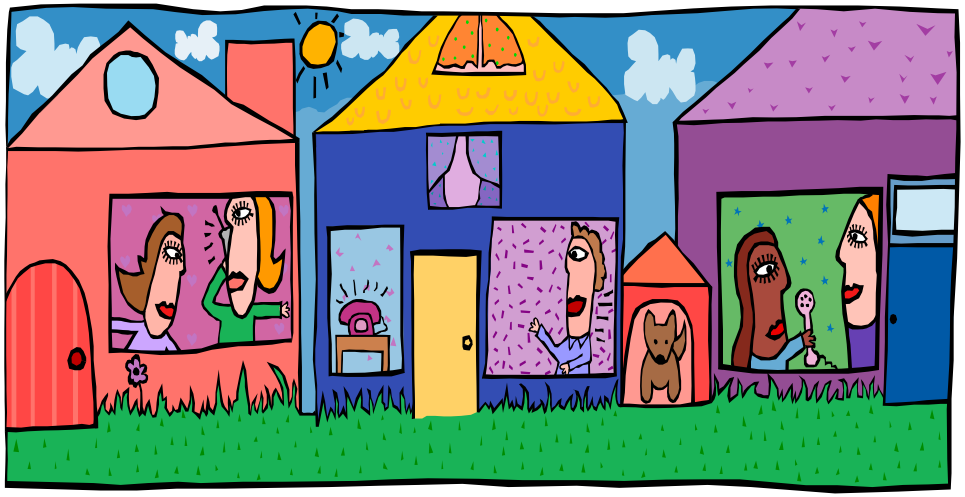
DEPLOYMENT DAY: COMMON EXPERIENCES

- ROBOTIC
- OVERWHELMED
- RELIEVED
- CONFUSED
- LONELY
- GUILTY
- FEW OF THE ABOVE

ACTIVE DUTY: CARING FOR YOUR LOVED ONES

- RETURNING LONG DISTANCE SUPPORT
- TELEPHONE CALLS
- EMAILS AND LETTERS
- VIDEO EMAILS

DEPLOYMENT EXPERIENCE: FAMILY MEMBERS



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DEPLOYMENT: COMMON SPOUSE REACTIONS

- FIRST SIX WEEKS
- MIDDLE PERIOD
- LAST SIX WEEKS
- STRUGGLES THROUGHOUT

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DEPLOYMENT: SPOUSE TIPS TO REDUCE STRESSORS

- DEVELOP GOALS
- ACCEPTANCE OF LACK OF CONTROL
- CONCENTRATE ON WHAT CAN BE CONTROLLED
- BECOME OR REMAIN ACTIVE
- SEEK INFORMATION
- SEEK SUPPORT
- COMMUNICATE WITH SPOUSE
- QUESTION RUMORS

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DEPLOYMENT: COMMON CHILDREN REACTIONS

- PREDICTING BEHAVIOR
- SLEEP, INTERESTS, ENERGY, CONCENTRATION, APPETITE
- EMOTIONS
- NEEDS
- TIME TOGETHER
- RESOURCES

REUNIONS

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REUNION TIPS

- EXPECTATIONS
- GRATITUDE/TEMPTATION TO CRITIQUE
- INTIMACY
- PHYSICAL STATE
- APOLOGIZING

Reintegration Tips for Everyone

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REINTEGRATION TIPS FOR EVERYONE

- NORMALCY OF STRESS
- LISTEN
- YOU BOTH CHANGED
- NEW BALANCE
- WHO SUFFERED MOST GAME
- INTERESTS
- PACE YOURSELVES
- FINANCES
- FEELING UNWANTED

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REINTEGRATION TIPS FOR EVERYONE: CONT.

- GRIEF
- PREVIOUS PROBLEMS
- PATIENCE
- RESPECT
- SCHEDULES
- TIME TOGETHER
- FUTURE
- CHILDREN

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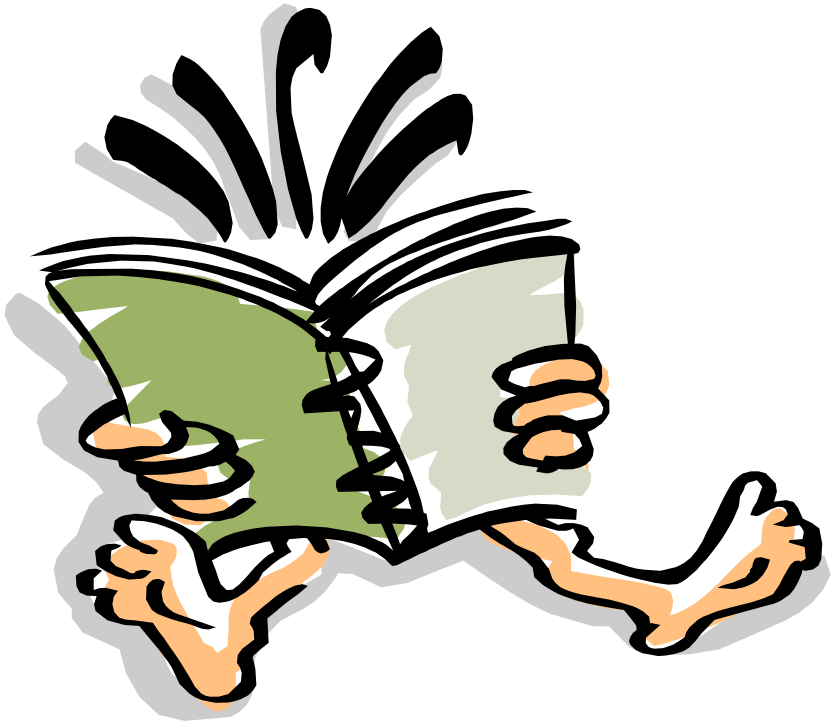
REINTEGRATION TIPS FOR EVERYONE: CONT.

- FRIENDS
- SPECIAL TREATMENT AT HOME
- SPECIAL TREATMENT AT WORK
- TIMELINE

RESOURCES



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RESOURCES

- **WEBSITES**
  - **AFCROSSROADS.COM**
  - **WWW.DAADS.COM**
- **BASE/MAJCOM CAIB AND IDS**
  - **Family Support Center**
  - **Family Member Programs**
  - **Life Skills**
  - **Family Advocacy**
  - **Chaplain**
  - **HAWC**

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RESOURCES CONT: HANDOUTS

- DEPLOYMENT HANDOUTS
- FAMILY HANDOUTS
  - Emotional Cycle of Deployment
  - Going Home: Reunion with Family, Friends, and Colleagues

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BELIEVE IT OR NOT !!

- FAMILY INTIMACY
- CAMARADERIE
- FITNESS
- MISSION

QUESTIONS?